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housing conditions, cleaner air, are factors in the therapeutics of depression and alcoholism. Sufficient nourishment of workmen and the advancement of popular hygiene promise much.

Besides physical hygiene some day we will concern ourselves with moral hygiene. In conserving social advancement overwork must be prevented. To diminish social conflicts and rapid aspirations for equality and dangerous ambitions, to inspire a certain respect for authority and reconcile the irreconcilable, liberty of thought and tranquillity of belief, these are problems closely associated with that of alcoholism and depopulation.

The advancement of psychological and social sciences will one day formulate the rules of this special hygiene of the mind and the academy of moral sciences will then be the great council of moral hygiene. In the meantime do not despair. Individual depressions frequently yield to treatment,—those of the people may be cured also.

Independence, Missouri.

FREDERICK M. SMITH.

BOOK NOTES

Evolution and the war. By P. CHALMERS MITCHELL. London, John Murray, 1915. 114 p.

This is a brilliant and original book by a well-known biologist. He discusses war and the struggle for existence, this latter struggle among animals, nationality and race, the production of a nationality, and selective factors, the foundations of nationality, with epigenetic features. The main feature of the book is its rather radical denial of the existence or at least the importance of psychic heredity. Part of it he thinks is due to suggestion and that if people never knew the traits of their progenitors they would often never develop them. The very fact of educability suggests that man is far more plastic to develop in individual directions, quite apart from his ancestry, than animals are. He would not perhaps say the mind is a *tabula rasa*, but all kinds of possibilities are open. He holds that consciousness transforms all qualities and faculties acquired by human beings from the animal world, and that is the foundation of free and intelligent existence. He holds Kant responsible for what he calls "the dreaming megalomania that has destroyed the German sense of reality and has made German *Kultur* the enemy of the human race." Nietzsche was only a terminal flower of this poisonous and sterile idealism. Bernard Shaw is "only Nietzsche grinning through a horse collar." As against Darwin he urges "that the moral law is as real and external to man as the starry vault. It has no secure seat in any single man or any single nation." It is not inborn but inherited from traditions and customs in literature and religion. Its creation and subsistence is the crowning glory of man and his consciousness of it puts him in a high place above the animal world. The struggle for existence, therefore, does not apply to man. Modern nations are not units of the same order as the units of the animal and vegetable kingdom from which the law of the struggle for existence is a supposed inference. Dar-

win's struggle has no analogue in human welfare. Man is not subject to the laws of the unconscious and his conduct is not to be judged by them but by its harmony with a real and external not-self that man has built up through the ages.

The instincts of the herd in peace and war. By W. TROTTER. London, T. Fisher Unwin, 1916. 313 p.

This book is made up partly of essays written at various times since 1908 by a surgeon interested in psychological matters, and who writes a very effective style. It is a book that should be carefully read and pondered by every psychologist, for to this science it really makes valuable and new contributions. It is in a sense a little lacking in unity, the review of Freudianism and especially the war chapters having been rather an afterthought. At the same time, back of this the book really has a fundamental unity. The author goes far beyond the writers of the Tarde and LeBon school in insisting that the herd instinct is just as fundamental as those instincts generally classed as more primitive. He does not agree with Freud that the former are well developed and then repressed by social tendencies, but believes the latter to have been primordial and makes them the key to the explanation of some of the most fundamental things in life. Having developed his main thesis, he applies it to the issues of the war by urging that the Germans represent the wolf type and the English the sheep type of the herd instinct. Dr. John T. MacCurdy has written an excellent little ten-page summary of the work in the *Psychiatric Bulletin* for January, 1916, and has a high appreciation of the brilliant speculations of the author, who holds that psychology is the science of the future. One cannot but wonder whether a surgeon with such strong psychological proclivities may not, in what he says about the solution of the conflict between experience and herd suggestion, write with some personal warmth.

The psychology of the negro; an experimental study. By GEORGE OSCAR FERGUSON, JR. (*Archives of Psychology*, No. 36, April, 1916.) New York, Science Press. 138 p.

In his preliminary account of the non-experimental studies, the author does strange injustice to Odum's work, which is by far and away the best of all studies ever made in this field, compared with which the works of Tylor, Hall, Thorndike and the rest, are insignificant. Of course the author's work is experimental, but we maintain that he should have correlated in his own thought at least the very voluminous literature on the subject instead of practically having ignored it. It is by no means clear how much we can trust the maze, cancellation, sorting and other tests, and the author seems to have an exaggerated idea of the reliability of these methods. Certainly his own experiments afford him very few data for the "general comparison of whites and negroes" which he attempts. The author seems to the writer of this note bitten with the method fetishism that pervades the atmosphere in which he did his work.

How to live. By IRVING FISHER and EUGENE LYMAN FISK. New York, Funk and Wagnalls Co., 1916. 345 p.

This work is a rare combination of the scientific and practical. It is wrought out in collaboration with the Hygienic Board of the Life Extension Institute. It contains a brief but excellent foreword by

ex-President Taft, and an account of the above Board with photographs of its leading members. It covers such points as housing, clothing, outdoor life and sleeping, deep breathing, various themes connected with food and poisons, work, play, sleep, serenity, general hygiene, its rules, unity, obstacles, relations to civilization, etc., with eight supplementary notes on such topics as over-weight, under-weight, posture, alcohol, tobacco, avoiding colds, signs of disease, constipation and degenerative tendencies, and eugenics.

The mythology of all the races. Edited by LOUIS HERBERT GRAY. Vol. I. *Greek and Roman.* By WILLIAM SHERWOOD FOX. Boston, Marshall Jones Co., 1916. 354 p.

This opening volume of a series of thirteen which is contemplated, with its preface by Professor G. F. Moore of Harvard, makes an excellent impression in both the quality of work and the get-up of the book. It has long seemed to us that the need of some such thesaurus of mythology was great. If the series can be carried to completion on the same high grade as this initial volume it will be a godsend now that mythology is coming to have a new entire symbolic interpretation. We shall look with great interest to see what attitude the editors take with regard to the new psychoanalysis of myths.

La système Taylor et la physiologie du travail professionnel. By J. M. LAHY. Paris, Masson et Cie, 1916. 198 p.

This is an epitome of the efficiency work and ideas of the late Frederick W. Taylor which are set forth with lucidity in nine chapters. The author seems to share with little reservation Mr. Taylor's views of the economy of movement and professionalization of labor. In separate chapters he discusses salaries, efficiency in business organizations, the psychology of work and the problems of fatigue, and in the concluding chapter hails the work of Mr. Taylor as of very great significance.

The function of socialization in social evolution. By ERNEST W. BURGESS. Chicago, University of Chicago Press (c. 1916). 237 p.

This work is divided into three parts. The first treats of the rôle of socialization in discovery and invention, its relations to specialization, the social heritage, organization, stimuli and demand; the second treats of its rôle in social progress, from the kinship to the personal stage, including feudal, town and finally the impersonal stage of socialization. Part three treats of its rôle in personal development, its cognitive, affective and volitional aspect.

The British Journal of Psychology. Edited by CHARLES S. MYERS. Vol. 8, Part 2. May, 1916. Cambridge, University Press.

This number contains Part Three of N. Carey's Factors in the Mental Processes of School Children; this deals with the school subjects. It also contains an interesting article by James Ward on Sensory Character of Black.

Proceedings of the Royal Society of Medicine. Vol. 9, No. 7. May 1916. London, Longmans, Green and Co.

Medical Review of Reviews. Vol. 22, No. 7. July, 1916. Edited by VICTOR ROBINSON.